



# TÍA ENERGY

BREAKING CYCLES &  
HEALING FOR THE NEXT  
GENERATION

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Rising with Resilience Therapy  
Unlearn. Reclaim. Thrive.

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# WELCOME.

Querida Mariposa,  
If you're here, it's because something in your spirit knows—it's time. Time to look at the ways we've been shaped by our families, our cultures, and our survival, and decide what we'll carry forward and what we'll lovingly release.

As a first-generation Latina and a Tía myself, I know what it means to hold pride in our roles but also feel the weight of unspoken expectations, generational pain, and behaviors that don't always align with who we truly want to be.

This e-book is not about judgment. It's about conciencia. It's about honoring the Tías who came before us and choosing to walk differently—for ourselves and for the next generation. This is for the cycle-breakers, the soul-healers, and those of us who want to turn our Tía energy into something intentional, warm, and liberating.

Gracias for being here. I'm so proud of you already.

Con cariño,  
Nancy Acevedo, LMFT





# HEALING TÍA ENERGY – WHAT IT IS & WHY IT MATTERS

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Let's name it: **Tóxica Tía Energy** isn't always loud, dramatic, or obvious. Sometimes it whispers in the background, dressed as tradition, concern, or "just how things are." It can come from a place of love—but love tangled in control, judgment, and unresolved pain.

In many Latinx families, the Tía holds power. She's the storyteller, the advice-giver, the second mom, the family backbone. But what happens when her words cut instead of comfort? When her love is conditional? When her support feels more like surveillance?

## Tóxica Tía Energy Can Look Like:

- Dismissing emotions ("That's not a big deal, mija.").
- Criticizing someone's weight, looks, career, or relationship choices.
- Competing with younger women for beauty, attention, or validation.

## Why it Matters:

Because many of us inherited a role without a blueprint for how to do it differently. Because we were raised by women who were praised for their strength, but never taught to rest, to feel, or to ask for help. Because our sobrinas, sobrinos, and nibblings are watching us—and deserve a new model of what love, support, and mujer power can look like.

This isn't about canceling our Tías or carrying guilt if we've acted in these ways ourselves. It's about conciencia. **Awareness.** And with awareness comes choice.



We get to rewrite  
the story.  
We get to be  
Healing Tías.



# WHERE IT COMES FROM – CULTURAL & INTERGENERATIONAL ROOTS

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Tóxica Tía Energy didn't start with us. It was passed down through generations of mujeres who were doing their best with the tools they had—tools shaped by systems of oppression, silence, and survival. To understand this dynamic, we have to look backward with compassion. Many of our Tías, Abuelas, and Mamás didn't have access to therapy, boundaries, or language for emotional needs. They had to keep going. And often, the only way to maintain some sense of control or power was through patterns that hurt others—even if unintentionally.

## Unpacking the Tóxica Tía Blueprint

- **Patriarchy:** In our cultures, women have often been praised for being selfless, obedient, and silent. When we weren't allowed to speak our truth or ask for what we needed, we learned to express ourselves in indirect, sometimes harmful ways. Competing with other women, tearing each other down, or clinging to control often stemmed from a lack of voice and space.
- **Colonial Trauma:** Before colonization, many Indigenous cultures across Latin America celebrated community healing, sisterhood, and spiritual connection. Colonization disrupted that. It replaced community care with hierarchy, control, and disconnection from the body and spirit. What could've been generational healing became generational harm.
- **Emotional Suppression:** How many of us heard, “No llores,” or “Sé fuerte”? Our families taught us that emotions were dangerous or inconvenient. We were rewarded for being calladitas, for not rocking the boat. But unexpressed emotions don't disappear—they show up in the form of criticism, judgment, or manipulation.
- **Sarcasm Mindset:** Whether it was emotional or financial, many of us grew up feeling like there wasn't enough—enough love, enough attention, enough support. This created competition instead of connection.



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# THE IMPACT – HOW TÓXICA TÍA ENERGY SHAPES THE NEXT GENERATION

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Unchecked Tía Energy can leave behind  
wounds that echo into adulthood.




For our sobrinas, sobrinos, nibblings, and even younger  
cousins, this might sound like:

- “I never felt fully accepted by my family.”
- “I always felt judged.”
- “I learned to hide who I really am to avoid shame.”
- “I was taught to keep quiet, not to speak up.”
- “Love always felt conditional.”

When we stay unconscious in our role, we risk  
recreating those wounds. But when we heal, we  
shift the emotional inheritance.



You don't have to be a parent to change the legacy—  
Tías shape culture too.







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# THE CONSCIOUS TÍA – REDEFINING YOUR ROLE WITH INTENTION

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A Tía Sanadora isn't perfect—she's **present**,  
**intentional**, and **open-hearted**.

SHE:

Listens without rushing to fix.

Supports boundaries, even  
if they're unfamiliar.




Validates instead of criticizes.

Encourages rest, softness, and  
emotional expression.

Models healing, even if she's still  
learning herself.

Ask yourself: How do I want the next  
generation to feel around me?

The answer is your guide. Choose to be the kind of Tía who  
helps others feel seen—not small.



# BREAKING THE CYCLE – TOOLS TO UNLEARN & HEAL

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Here are four healing steps to guide your journey:

## Self-Reflection- Ask yourself

- What messages did I internalize from the women in my family?
- When do I feel the urge to control or correct?
- What does healthy love look like to me now?

## Boundaries Are an Act of Love

- Give yourself permission to say “no” without over-explaining.
- Recognize when you’re carrying emotions or responsibilities that aren’t yours.
- Honor the space and timing of others—even if it feels unfamiliar or uncomfortable.
- Remember: Setting boundaries doesn’t push people away—it creates the safety needed for true connection.

## Emotional Regulation

- Take a pause before reacting.
- Use breathwork, grounding, or journaling.
- Remember: discomfort doesn’t mean danger.

## Modeling Healthy Behavior

- Speak kindly to yourself—they’re watching.
- Normalize therapy, rest, self-love, and growth.
- Show what healing looks like in real-time.



Healing doesn’t mean perfection.  
It means presence.



# YOUR INVITATION: BECOME THE HEALING TÍA

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## Take a breath, querida.

This isn't just a workbook—it's an invitation. A sacred one.

You're being called into a legacy shift—one that begins with you and ripples forward into the hearts of those watching you, learning from you, and loving you.

You don't have to be perfect to be powerful. You don't have to have all the answers to make a difference. You just have to choose to show up—with intention, softness, and love.

## Possibilities for the Healing Tía Energy

- Be grounded, not controlling
- Be soft, but never small
- Be empowered, not entitled
- Be curious, not judgmental
- Be healing, not performative
- Be present, even in your imperfection

You get to define what kind of Tía you want to be. One who uplifts instead of criticizes. One who protects space instead of invading it. One who nurtures growth—even when she's still growing too.

## This role is sacred.

It's your chance to become the Tía you once needed—and the one your nieces, nephews, and nibblings will talk about with warmth in their voice.



You are rewriting your lineage with love. And that?  
That's revolutionary.

# JOURNAL PROMPTS & HEALING EXERCISES

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## Affirmations

- I honor my ancestors by healing what they could not.
- I am allowed to set boundaries and still be loving.
- My worth is not defined by sacrifice but by my authentic presence.
- I can love my family while choosing a different path.
- Healing begins with me, and it ripples into future generations.
- I release guilt and embrace compassion for myself and others.
- I am transforming Tía Energy into one of guidance, tenderness, and wisdom.
- By breaking cycles, I am redefining our legacy with love and resilience.

## Letter to a Future Niece/Nephew/Nibbling

Write a letter to your future niece, nephew, or younger family member. Share the wisdom you've gained, what cycles you are breaking, and the kind of love you want them to grow up surrounded by.

Reflection: What do you hope they will never have to question about their worth?

## Breaking the Cycle Map

Draw two columns:

- Left column: Cycles/patterns you've witnessed in your family (e.g., guilt-tripping, silence around emotions, lack of boundaries).
- Right column: New ways you choose to respond (e.g., open communication, honoring emotions, creating balance).

## Permission Slip

Write yourself a permission slip starting with "Hoy me doy permiso..." (Today I give myself permission...).

Examples: "...to say no and still be worthy of love." / "...to honor my feelings without shame." / "...to rest with telling yourself you're lazy"





# RISING WITH RESILIENCE THERAPY

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## INTERESTED IN WORKING TOGETHER?

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